

Kiwanis Pool Evening Swim Lesson Schedule

Monday/Wednesday Classes. Classes meet twice a week for four weeks. Fees for Swim Classes: \$45. 480-350-5201

Class Title	Time	Session I 9/8 -10/4
Parent-Assisted Classes		
Star Infants	5:35 p.m.	22758
Star Tot	6:10 p.m.	22763
Shrimps	5 p.m.	22760
Preschool Sea Horse Swim School; Ages 3-5 yrs		
Sea Horse White	5 p.m.	22742
	5:35 p.m.	22744
	6:10 p.m.	22743
Sea Horse Red	5 p.m.	22731
	6:10 p.m.	22732
	6:45 p.m.	22735
Sea Horse Yellow	5 p.m.	22749
	5:35 p.m.	22750
Sea Horse Blue	5:35 p.m.	22722
	6:45 p.m.	22723
Sea Horse Green	6:45 p.m.	22727
Starfish Swim School; Ages 6 yrs+		
Starfish White/Red	5 p.m.	22795
	5:35 p.m.	22800
Starfish Yellow	5:35 p.m.	22800
	6:45 p.m.	22801
Starfish Blue	5 p.m.	22786
	6:10 p.m.	22787
Starfish Green	5:35 p.m.	22791
Starfish Stroke School; Ages 6 yrs+		
Starfish Stroke White/Red	6:45 p.m.	22773
Starfish Stroke Yellow	6:45 p.m.	22785
Starfish Stroke Blue	6:10 p.m.	22766
Starfish Stroke Green	6:10 p.m.	22770
Adult Beg.	7:30 p.m.	22719
Adult Inter.	7:30 p.m.	22717
Adult Stroke Improvement	7:30 p.m.	22718

Kiwanis Pool Evening Swim Lesson Schedule

Saturday Classes. Classes meet once a week for six weeks. Fees for Swim Classes: \$35

Class Title	Time	Session I 9/11 -10/16
Parent-Assisted Classes		
Star Babies	10:45 a.m.	22757
Star Infants	9 a.m.	22759
Star Tot	10:10 a.m.	22765
Shrimps	9:35 a.m.	22762
Preschool Sea Horse Swim School; Ages 3-5 yrs		
Sea Horse White	9 a.m.	22747
	10:10 a.m.	22748
Sea Horse Red	9 a.m.	22737
	10:10 a.m.	22738
Sea Horse Yellow	9:35 a.m.	22754
	10:45 a.m.	22755
Sea Horse Blue	10:45 a.m.	22726
Sea Horse Green	9:35 a.m.	22730
Preschool Stroke School; Ages 3-5 yrs		
Sea Horse Stroke School	10:10 a.m.	22741
Starfish Swim School; Ages 6 yrs+		
Starfish White/Red	9:35 a.m.	22796
	10:10 a.m.	22809
Starfish Yellow	9 a.m.	22809
	10:45 a.m.	22805
Starfish Blue	10:10 a.m.	22788
Starfish Green	10:10 a.m.	22794
Starfish Stroke School; Ages 6 yrs+		
Starfish Stroke White/Red	9 a.m.	22778
Starfish Stroke Yellow	9 a.m.	22781
	9:35 a.m.	22782
Starfish Stroke Blue	10:45 a.m.	22769
Starfish Stroke Green	10:45 a.m.	22772

***Want to keep a good
class going?
Register early!***

Aquatics

Kiwanis Pool Evening Swim Lesson Schedule Tuesday/Thursday Classes. Classes meet twice a week for four weeks. Fees for Swim Classes: \$45

Class Title	Time	Session I 9/7 -9/30
Parent-Assisted Classes		
Star Babies	5:35 p.m.	22756
Star Tot	5 p.m.	22764
Shrimps	6:10 p.m.	22761
Preschool Sea Horse Swim School; Ages 3-5 yrs		
Sea Horse White	5 p.m.	22746
	5:45 p.m.	22745
Sea Horse Red	5 p.m.	22734
	6:10 p.m.	22736
	7:20 p.m.	22735
Sea Horse Yellow	5 p.m.	22751
	5:35 p.m.	22752
	7:20 p.m.	22753
Sea Horse Blue	5:35 p.m.	22724
	6:45 p.m.	22725
Sea Horse Green	5:35 p.m.	22728
	7:20 p.m.	22729
Preschool Stroke School: Ages 3-5 yrs		
Sea Horses Stroke School	6:10 p.m.	22740
Starfish Swim School; Ages 6 yrs+		
Starfish White/Red	5 p.m.	22799
	6:10 p.m.	22798
Starfish Yellow	5:35 p.m.	22803
	6:45 p.m.	22802
Starfish Blue	5:35 p.m.	22789
	6:45 p.m.	22790
Starfish Green	7:20 p.m.	22792
Starfish Stroke School; Ages 6 yrs+		
Starfish Stroke White/Red	5 p.m.	22774
	6:10 p.m.	22775
	7:20 p.m.	22776
Starfish Stroke Yellow	6:10 p.m.	22780
	7:20 p.m.	22779
Starfish Stroke Blue	6:45 p.m.	22768
Starfish Stroke Green	6:45 p.m.	22771

Kiwanis Pool Water Fitness Schedule

Register at Kiwanis Pool anytime; classes are on-going.

Water Fitness (Aerobics)

A fitness class incorporating warm-ups, 25-40 minutes of aerobic exercise, a cool-down period and exercises to tone and strengthen muscles. No Swimming ability required.

Deep Water Fitness (Aerobics)

This is a water fitness class using deep water as its medium; participants should be comfortable in deep water. The class will use some flotation devices to exercise.

Aug. 9-Dec. 5

Class Title	Day	Time
Deep Water Water Fitness	M/W*	6:40 p.m.
	M/W*	8:50 a.m.
	M/W*	5:30 p.m.
	T/Th**	8:50 a.m.
	T/Th**	6:40 p.m.
	Sa	9 a.m.

No class *9/6, **11/11 & 11/25.

Program Card Fees – Water Fitness

4 workouts	\$16
6 workouts	\$24
8 workouts	\$32
Purchase cards at Kiwanis Front Desk	

Special Interest Aquatic Classes

American Red Cross Lifeguard Training

An American Red Cross certification course for individuals who are interested in lifeguarding. Course will include First Aid and CPR, as well as lifeguard training. Must be 15 years of age and able to perform Swimming skills necessary to complete the course requirements. Fee: \$120.

22721	Th/F	10/7-10/23	6-9:30 p.m.	KRC
	Sa	10/7-10/23	9 a.m.-5 p.m.	KRC

Water Safety Instructor

An American Red Cross certification course for individuals wishing to become Swimming instructors. Pre-requisites: 16 years of age or older and able to perform skills appropriate for the class. Fee: \$120.

22806	Th/F	11/4-11/20	6-9:30 p.m.	KRC
	Sa	11/4-11/20	9 a.m.-5 p.m.	KRC

